



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Statistics Report 09508, Fruit juice smoothie, NAKED JUICE, GREEN MACHINE

Report Date: June 30, 2017 05:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	86.25	2	--	86.2	86.3	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	223	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein <sup>1</sup>	g	0.60	2	--	0.59	0.62	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Total lipid (fat)	g	0.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Ash <sup>1</sup>	g	0.36	2	--	0.35	0.37	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	12.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary	g	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Sugars, total <sup>1</sup>	g	11.15	2	--	11.1	11.2	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Sucrose <sup>1</sup>	g	2.85	2	--	2.6	3.1	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	2.75	2	--	2.6	2.9	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Fructose <sup>1</sup>	g	5.55	2	--	5.5	5.6	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Lactose <sup>1</sup>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Maltose <sup>1</sup>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose <sup>1</sup>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	11	2	--	11	12	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Iron, Fe <sup>1</sup>	mg	0.42	2	--	0.4	0.44	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Magnesium, Mg <sup>1</sup>	mg	10	2	--	10	10	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Phosphorus, P <sup>1</sup>	mg	15	2	--	15	16	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Potassium, K <sup>1</sup>	mg	165	2	--	162	168	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	6	2	--	6	6	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Zinc, Zn <sup>1</sup>	mg	0.06	2	--	0.06	0.06	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Copper, Cu <sup>1</sup>	mg	0.053	2	--	0.05	0.05	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn <sup>1</sup>	mg	0.215	2	--	0.19	0.24	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	8.2	2	--	7.6	8.8	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Thiamin <sup>1</sup>	mg	0.070	2	--	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	06/2015
Riboflavin <sup>1</sup>	mg	0.090	2	--	0.07	0.11	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Niacin <sup>1</sup>	mg	0.290	2	--	0.29	0.29	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin B-6 <sup>1</sup>	mg	0.075	2	--	0.07	0.08	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total <sup>1</sup>	µg	15	2	--	14	15	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	µg	15	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folate, DFE	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	4.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin B-12	µg	0.63	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Carotene, beta <sup>1</sup>	µg	247	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Carotene, alpha <sup>1</sup>	µg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Cryptoxanthin, beta <sup>1</sup>	µg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	428	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Lycopene <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Lutein + zeaxanthin <sup>1</sup>	µg	183	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin E (alpha-tocopherol)	mg	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin K (phylloquinone)	µg	21.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
14:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
16:0	g	0.045	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

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18:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total monounsaturated	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
16:1 undifferentiated	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:1 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total polyunsaturated	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:3 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19b, 2014 Beltsville MD